

Preliminary programme

Psychosocial Risk Assessment and Prevention at Work

11 - 13 October 2010, Park Inn Island, Reykjavik, Iceland

Monday 11 October

09:00-10:00 Registration and coffee
Welcome from NIVA,
Introduction

10:00-11:00 Psychosocial work environment and its risks factors
Stavroula Leka

11:00- 11:20 Coffee

11:20-12:20 Cont. Psychosocial work environment and its risks factors
Stavroula Leka
These lectures will cover topics such as stress at work, burnout, changes at the workplaces – i.e. globalization, technology, from manual work to communicational work, working hours – irregular working hours, work-home balance etc.

12:20-13:30 Lunch

13:30-15:00 Psychosocial risk assessment - Developing and Implementing an useful approach / Stavroula Leka
Why doing a psychosocial risk assessment will help in eliminating psychosocial risks

15:00-15:20 Coffee

15:20-17:20 Psychosocial risk assessment - from research to practice ?
Stavroula Leka
Is there an evidenced way to best practice? Is there an unified approach?
How to get everyone involved in the process?

19:30 - Get-together and dinner

Tuesday 12 October

09:00-10:30 Performing psychosocial risk assessment - methods and tools
Birgit Aust
How to start? Who is involved in the process? How to get the information?
What is the use of questionnaires, interviews etc.

- 10:30-11:00 Coffee
- 11:00-12:00 Experiences and results from an intervention study to improve the (psychosocial) work environment: How to get from risk assessment to actual improvements**
Birgit Aust
How to implement results to gain a better psychosocial work environment?
- 12:00-13:00 Lunch
- 13:00-14:15 Group work** - in this group work participants will be handed information on real life cases and they will perform a psychosocial risk assessment and come up with ideas on interventions
- 14:15-14:45 Coffee
- 14:45-16:00 Presentations from group works**
- 16:00-17:00 How to keep the work environment risk free in the future**
Ingrid Kuhlman
From all we know, how is it possible to ensure that the work environment will be free of psychosocial risks?
- 19:30- Course dinner

Wednesday 13 October

- 09:00-10:00 Preventing bullying and harassment at work: A risk management approach**
Brynja Bragadóttir
Best practice in risk management of bullying and sexual harassment
- 10:00-10:15 Coffee
- 10:15-11:00 Cont. Preventing bullying and harassment at work: A risk management approach**
Brynja Bragadóttir
- 11:00-12:00 Workshop. Using real life cases, participants will decide on ways to prevent bullying and harassment at work.**
- 12:00-13:00 Lunch
- 13:00-14:00 Presentation from group work and Summary**
- 14:00 Course evaluation and closure**

Faculty

Course leader

Ásta Snorradóttir, Researcher,
Administration of Occupational Safety and Health,
Research Center for Occupational Health & Working Life,
Reykjavik, Iceland

Dr Stavroula Leka, Associate Professor in occupational health psychology, Director,
Postgraduate programme in occupational health psychology, WHO programme manager,
Institute of Work, Health & Organisations, University of Nottingham, Nottingham, UK

Birgit Aust, Senior researcher, PhD, National Research Centre for the Working Environment,
Copenhagen, Denmark

Brynja Bragadóttir, PhD in health psychology, consultant in occupational health and
manager of occupational research, Capacent Gallup, Iceland

Ingrid Kuhlman, Managing Director and trainer/consultant at Thekkingarmidlun Training
and Consulting. Masters degree in Scandinavian Studies, University in Amsterdam. Editor
and co-writer of a book on management and author of a book on time management,
Reykjavik, Iceland